



## How I Act:

- I still get upset. There are so many things I am not sure of.
- Lots of times I am shy.
- I may say, especially to mom, “I hate you!” or “I don’t love you!”
- I may stutter or bite my nails.
- Sometimes I blame other kids for what I do. I might blame my make believe friends.
- I may tease my brothers and sisters and break their toys.
- I may not let one of my playmates join my group.
- I may want to look at or touch grownups’ bodies.
- I may be afraid of things I see:
  - People whose skin is a different color
  - Masks
  - The dark
  - Animals
  - Mom and dad leaving me at night

## How to Keep Me Safe:

- Because 3 year olds want to do the right thing, it is a good time to teach me safety rules for traffic on streets and driveways, safe places to play, the dangers of fire, matches and of putting things into my mouth (or ears or nose!) Be a good role model by crossing streets safely.
- Be a good role model by wearing a seat belt. Put me in an approved car seat. Never leave me alone in the car.
- Give me room to become independent. I can stay alone in my fenced backyard for awhile.
- Be sure to let me know where I can go by myself and when to check with you.
- Keep medicines, cleansers and disinfectants out of my reach.
- I need a well-child check when I am three years old.

This information lists activities and normal signs of growth and development that most children will be able to do during this time period. If you have questions about your child’s performance or growth and development, contact your health care provider or local health department.

It is important that children have regular health checks at the ages of 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years, 18 years, 20 years. For information on medical coverage, contact your local community service office. If you have medical coupons, ask your doctor or health care provider for a “Healthy Kids” or EPSDT screening.

# How I Grow



3  
Years  
Old



## How I Develop:

- My eating is neater now, but I still spill a little. I can pour from a small pitcher.
- I can unlace my shoes, unbutton my clothes and take off my shoes and pants. I need help buttoning and lacing.
- I may begin to sleep through the night without wetting. I can use the toilet fairly well in the daytime.
- I can tell my name and sex when asked. I ask questions such as, “What is that?” and “What for?” and “Where?”
- I ask questions to which I already know the answer. These all help my speech develop.
- I do not have much control over my emotions. I may be afraid, jealous or have short temper tantrums.
- I am learning to take turns and to share toys.
- I can copy a circle. I can name one or two colors.
- My speech should be understandable by people outside the family. Now I say “yes,” as well as “no.”
- Friends are becoming important to me and my mom is really special.

- I want to learn more about the world around me.
- I have a little more patience than I did last year. I am more easy going. I can wait a bit for something I want.
- I may have make believe playmates. Things I imagine are often very real to me.
- I am very aware of my body. I am curious about how boys and girls are different, both physically and in things they do.

## How You Can Help Me Learn:

- I can eat most of my meals with the family and they should not fuss too much over my eating, or not eating.
- It helps me if I can use my temper on a toy, such as spanking a teddy bear or punching a rag bag. Remind me to use words to talk about how I feel, too.
- Playing “doctor” before I go to a clinic may make my appointment a happier one.
- Be sure to let me know that I am doing a good job.

- Help me learn what you want me to do, not just what you do not want me to do – “Sofas are to sit on and floors are to walk on.”
- I am curious about the differences between boys and girls. Let me know it is okay to ask questions, but it is not okay to do things like peek under the doors in public restrooms!
- If I stutter try not to notice. Do not call me a stutterer. Give me lots of time to talk. Listen closely so I know that you want to know what I have to say.
- Even if I threaten you by saying, “I don’t love you,” let me know I am still loved.
- Read me stories.
- I like books with lots of pictures, paints, blocks, puzzles (start with 4 piece ones), and dress-up clothes. I like things to climb on or through.
- Give me lots of chances to help. I can wipe my own bottom, hang up my towel and dress myself, put napkins on the table and fold a few clothes.
- Give me chances to play with other children.



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**Sincerely,**

**Health Education Resource Exchange Web Team**

# P R I N T I N G   S P E C I F I C A T I O N S

**Title:**    **How I Grow: 3 Years Old**

**Size:**    12 x 8.5

**Paper stock:**    70# text Beckett Concept Glacier Mist

**Ink color:**    Black and Pantone 144

**Special instructions:**    2-sided printing with bleeds. Finished job folds to 4 x 8.5

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